

A scenic view of a rocky mountain peak with a stone stack on a trail, overlooking a valley. The image is framed by a white, hand-drawn style border.

Outdoor Recreation Safety

Matt Shales – Interim Parks Superintendent/Licensing Project Manager
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Be Prepared

- Your Activity – Think through the details.
(These details are the “local factors” or conditions that directly influence behavior during a task.)
- Weather – Understand the range of weather *conditions* you may encounter.
- Group Details – Understand individual *skill levels*, applicable trainings or certifications.
- Hazards – Identify known *hazardous conditions* and the possibility of other unexpected ones.
- Communication – let someone(s) know where you are going and when you plan to return, (*expectations & feedback*).





Equipment & Supplies (*tools & resources*)

- First Aid – everyone should have basic first aid supplies, add activity specific supplies.
- Clothing – based on the range of weather, not just the forecast.
- Food and water – bring more than you anticipate needing.
- Equipment or tools – critical equipment and tools on person, spares or extra stored at vehicle.

While Recreating

- Always recreate within your *ability*.
- As a group, recreate within the *ability* of least experienced.
- Don't hesitate to adjust your plans based on *changing conditions*, ensure everyone in the group provides *feedback* by sharing ideas, or concerns.





Have Fun!